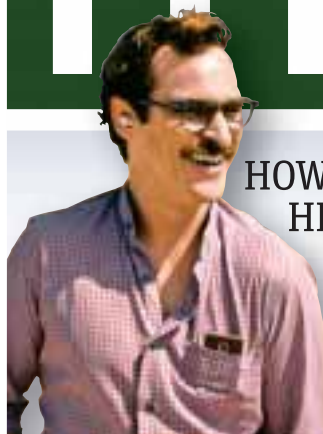


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HOW THE HIPSTER GOT 'HER'

RETRO-FUTURISTIC FILM TAKES THE TROPHY (NOT THE OSCAR) FOR TREND-SETTING STYLE, SAY FASHION INSIDERS

PAGE 14

Councillors to ombudsman: Come on down!

City council members who spent \$97K in legal fees defending their meeting at Billy Ts willing to host Andre Marin

PAGE 4

Ford: 'I had a minor setback' ... mon

Of the recent Jamaican-infused, drunken video, T.O. Mayor Rob Ford says 'I'm entitled to a personal life'. Indeed.

PAGE 6

It's freezing, man — make a run for it

Walking's for wusses; how about a brisk jog in the brisker temperatures? Here's how (and why on earth) to do it

PAGE 7



LIGHTNING LUCKY?

The Lightning's Garrett Williamson powers his way around Ryan Anderson as London squares off against the Ottawa SkyHawks on Wednesday at Budweiser Gardens. The Lightning were on the hunt for a win after three consecutive losses. Story on page 17. ANGELA MULLINS/METRO

Kellogg's, union ready to talk

'Need to step up to the plate': Details of Electro-Motive Diesel payouts surface as Kellogg's negotiations start



SCOTT TAYLOR
scott.taylor@metronews.ca

Nearly two years after Electro-Motive Diesel closed its Oxford Street doors, the union representing Kellogg's workers knows it has a high standard to live up to as it negotiates a closure agreement with the company.

Kellogg's announced in December that operations in London would cease by the end of this year. Severance negotiations are expected to heat up over the next week, the union said.

On Feb. 23, 2012, the Canadian Auto Workers union (now Unifor) and Electro-Motive Canada signed an agreement that officially ended the employment of about 500 workers.

The financial compensation the employees received was more than the company was obligated to pay, which was — and still is — one week's pay for every year of service to a maximum of 26 weeks.

Instead, each EMD worker

At a glance

Gross payouts as part of Electro-Motive Diesel severance agreement:

Production workers:

- Five years: \$21,288
- 10 years: \$42,576
- 20 years: \$85,152
- 30 years: \$127,728

Skilled workers:

- Five years: \$24,858
- 10 years: \$49,716
- 20 years: \$99,432
- 30 years: \$144,176

received three weeks worth of pay per year on the job up to 30 years. They were also given a lump-sum ratification bonus of \$1,500.

The union was given \$350,000 to settle all previous grievances and for the establishment of an adjustment program and representation costs for the workers.

Naturally, there were various other financial items, such as benefits and tuition reimbursements, that had to be ironed out, but the straight payout to workers for time served will be hard to beat.

Former CAW Local 27 president Tim Carrie, who was directly involved in the Electro-Motive negotiations, feels the workers were well

compensated.

"Absolutely, I think we did as good as we could," he said. "Nothing is going to replace the jobs, but we got them as much as possible and I hope now that Kellogg's recognizes that they need to step up to the plate here, too."

Bob Martin, president of Bakery, Confectionary, Tobacco Workers and Grain Millers Local 154G, which represents Kellogg workers, knows the EMD agreement well. But he doesn't plan to use it as a benchmark, saying every situation is different.

"It all comes down to the circumstances around the closure time, as well," he said. "It's all relative."

"You have to look at everything in a closure agreement. There's the demographics and the population. What worked for them might not work for us. It's all relative."

Kellogg's and the union are, at this moment, on "opposite ends of the spectrum, which is to be expected," Martin said.

As was the situation at Electro-Motive, production from the London plant will be gobbled up by a number of other factories, including a recently renovated plant a few hours down Highway 401 in Belleville.

Kellogg's Canada didn't immediately return an interview request.

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Union Gas

Charges laid in gas meter tampering, threats

A London man is accused of tampering with a residential gas meter after threatening the person who lives in the home.

Craig Morris, 26, was charged after a Union Gas employee determined Monday the meter — which showed signs of fire damage — had been manipulated to allow a slow leak, police said.

He's charged with uttering death threats, uttering threats to property, mischief endangering life and arson with a disregard for human life.

Anyone with information is being asked to call police at 519-661-5670 or Crime Stoppers at 1-800-222-8477. **METRO**

Minor injuries

Officer injured during arrest

A London police officer was injured Wednesday during an arrest at Wharncliffe Road and Springbank Drive.

Police were called to the area about 1:40 p.m. by the driver who, police said, was "having issues" with a man inside his vehicle.

After getting out of the vehicle, the suspect had an altercation with the officer on the scene, police said. The suspect then ran and was arrested nearby a short time later.

The officer's injuries were minor, police added. The suspect, a 26-year-old, remains in custody.

Charges are pending.

METRO



Dr. Rahul Manchanda, director of the Prevention and Early Intervention Psychoses Program and psychiatry professor at Western University. MIKE DONACHIE/METRO

Mental-health project changing lives of locals

Early intervention. Program helping patients go back to school and work



MIKE DONACHIE
mike.donachie@metronews.ca

A team of London medical professionals is about to reveal important lessons in treating young people with serious mental illnesses.

A quiet success is happening at Victoria Hospital, where Dr. Rahul Manchanda is leading 20 staff on the Prevention and Early Intervention Psychoses Program (PEPP).

It's focused on people who

have had their first episode of psychosis. They're usually aged 16 to 25.

It's a type of illness that can be life changing. Symptoms include "positive" ones, like hallucinations, or "negative" symptoms, like a lack of drive or lack of facial expression.

The program's been running for 16 years and is unique in Canada because its results are used for clinical research. Long-term findings are almost ready for release, and Manchanda, who's also a psychiatry professor at Western University, says they reveal something important.

It's all about early intervention. If a patient is given intensive psychiatric care soon after their first psychotic episode, they have a

far better chance of recovery, he said, and that's what the Victoria Hospital project tries to offer.

About 45 per cent of the London patients show no positive symptoms after two years. About half have returned to work or education, at some point, within five years.

And the work is creating a real sense of pride in the team, said Manchanda.

"You're making a concentrated effort with treating individuals with intensive care, and the best care that you can possibly provide," he said. "That, to me, is an advance."

Follow Mike Donachie on
Twitter @Mike_Donachie

New approach

- What's different about the Victoria Hospital team's treatment of patients? Speed. In other places, referrals take longer and are usually made by doctors. In London, anyone can refer patients to the hospital, including family and the patients themselves.
- That means people with their first episode of psychosis are offered contact within 48 hours and can be assessed for treatment within seven days.
- Visit pepp.ca for more information.

1 NEWS

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Councillors ready and willing to host Ombudsman

Billy T's. Scandal row continues with more arguing over lawyer bills



MIKE DONACHIE
mike.donachie@metronews.ca

Come on down, London councillors have said to the Ontario ombudsman after he offered to return to the city.

The conflict between Ombudsman Andre Marin and members of London's council has reignited after it was revealed six councillors and Mayor Joe Fontana spent \$97,000 of taxpayers' money on lawyers.

The seven insist they were forced into hiring lawyers to defend themselves from Marin's probe into their private meeting at Billy T's Tap and Grill last February.

On Tuesday, Couns. Bud Polhill and Joe Swan said they were told jail was a possibility during the inquiry, and on Wednesday Coun. Stephen Orser said the same thing.

But Marin has said that's not true, and, on Twitter, offered to come to London to explain himself further.



Ombudsman Andre Marin visited city councillors in August 2012 to talk about open meeting laws. That was in the wake of a scandal similar to the Billy T's affair. METRO FILE

That's fine by us, Orser and Polhill said Wednesday.

"I have no problem with him coming in front of council again," said Orser. "I would ac-

tually look forward to it.

"I also suggest that he explain why we couldn't use the city solicitor."

That \$97,000 bill — and the

intense public criticism after it was made public — still stings for the council members.

But Polhill said the reason for hiring lawyers is right there

in the province's Ombudsman Act. Clause 27 says people who don't cooperate with an investigation could be fined \$500 and jailed for three months.

"If he wants to come down here ... I wouldn't say no," said Polhill. "But the only reason he's coming down here is so he can grandstand some more."

Tweets speak to issue

Metro requested an interview with Ontario Ombudsman Andre Marin on Wednesday. His office said he was unavailable, but his tweets speak for themselves.

Here's what he's had to say through @Ont_Ombudsman recently on the Billy T's situation and London City Council.

- "I'd b happy to accept an invitation to present to #LdnOnt city council for a debrief on Bill T's & answer all questions."
- "Odds of jail after an OO investigation #LdnOnt? Better chance of planet being destroyed by a comet."
- "I wish #LdnOnt cllrs had taken my advice that they didn't need lawyers. Feel sorry for them now."

London cops' candid cameras

London police won't be jumping on board a trend that's seen officers across the country testing video cameras mounted to their bodies.

But, they are watching — and filming — quietly from a handful of cars in their fleet.

The department has been testing cameras mounted on windshields in some vehicles since 2010.

"We have them in three prisoner transportation vehicles, one patrol car and one traffic vehicle," Steeves said.

The cameras can be activated by a police officer, but they're also automatically activated when emergency lights are turned on or when vehicles reach a certain speed.

What they record is immediately downloaded to a server.

Steeves said they're beneficial for evidence, and for the safety of constables and the public. That's because they record an entire interaction in-

Quoted

"We never know what we may encounter."

London Const. Ken Steeves

stead of just bits and pieces that may be caught as people whip out smart phones to document, quite often, the end of calls.

Costs associated with storing data will likely be the determining factor as to whether they're installed in more cars in the future, Steeves said.

The same storage costs are steering local police away from the body cams. The cameras themselves aren't the main financial concern, Steeves said.

"There are some body cams on the market, and we've looked at some," he said. "There's value, but in the present economic climate we haven't gone down that road."

SCOTT TAYLOR/METRO



London police have been recording incidents via these windshield-mounted cameras in some vehicles since 2010. SCOTT TAYLOR/METRO

Pets 4 Life. Pampering pays off for St. Thomas company

Pet pampering and healthy lifestyles are leading to success for St. Thomas-based Pets 4 Life.

The raw pet food manufacturer says it can now meet more orders after moving to an expanded production facility on Currah Road.

Founded 15 years ago in Owen Sound, the company moved to St. Thomas in 2010. Its products are distributed

to specialty pet food stores across Ontario, Quebec and the Maritimes, making them available in 250 retail stores.

The company — which has seven production employees along with a customer service representative — has hired three people in recent months because of growth.

A second shift may be needed if growth continues, the company says. **METRO**

Retirement security

Wynne brings in former PM for Ont. pension plan

Premier Kathleen Wynne has recruited former prime minister Paul Martin to help develop a "made-in-Ontario" pension plan.

Martin will serve as a

special adviser to Finance Minister Charles Sousa on improving retirement security for Ontarians.

Because CPP benefits max out at \$12,000 a year, the premier said there is a need to force people to save more for their golden years.

Martin worked with the provinces to save CPP in 1997. **TORSTAR NEWS SERVICE**

Fundraiser. Western delivers record-breaking help for United Way

There was a chorus of approval at Western University on Wednesday as the university revealed a record-breaking fundraising total.

The 2013 campus-wide fundraiser for the United Way of London and Middlesex brought in \$785,386. Aside from being a record, it surpasses the goal set for the campaign, said leaders Betty Anne Younker and Peggy Wakabayashi.

There was praise, too, from Western president Amit Chakma, for the 100 volunteers and 1,300 students, staff and faculty who made donations or ran events.

And the total was an-

Surpassed

\$780K

Western University fundraising goal for United Way

nounced with a musical crescendo. An event at Western's University Community Centre saw guitarists, led by performer Rick McGhie, appear from behind a curtain.

Each was a student or faculty member and, as the music ended, they turned their instruments around to reveal numbers that made up the all-important total.

MIKE DONACHIE/METRO

Infections nothing to sneeze at. Sinus problems cancel Ferguson tour

Hey, even big-name celebs can get a bad case of post-nasal drip.

Late-night talk-show host Craig Ferguson has cancelled his Jan. 30 show at Centennial Hall due to a sinus infection, a spokeswoman for Just For Laughs said. Er, make that two infections.

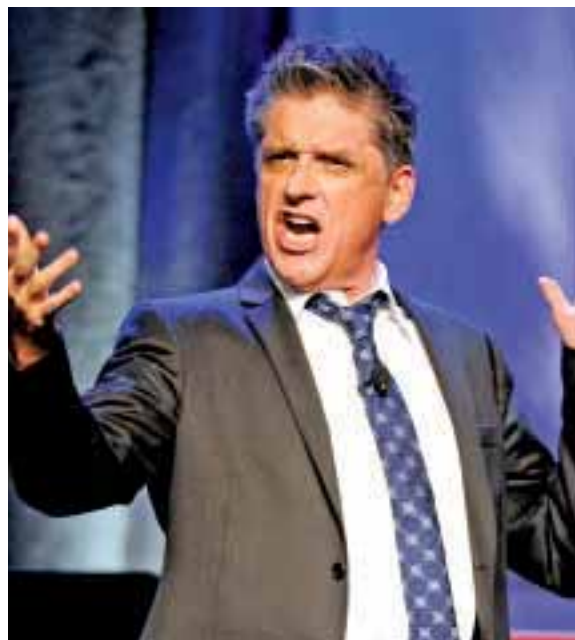
"According to my Doctor I have 2 Sinus infections. 1 is viral. The other is bacterial,"

he wrote on Twitter. "I'm awash in torrents of thick custards phlegm."

London was to be one of Ferguson's seven stops in Canada, along with Halifax, Hamilton, Kitchener, Montreal, Toronto and Ottawa.

The London show has been rescheduled for 7 p.m. March 20. Tickets for the cancelled show will be honoured.

SCOTT TAYLOR/METRO



Craig Ferguson used social media to announce the cancellation of his Canadian tour, addressing "Canadians on the tweety" personally via @CraigyFerg. "I'm sorry to say medical professionals forced me to reschedule my planned visit to your enchanted kingdom," he wrote. GETTY IMAGES



Weather warrior: Crossing guard Gwen Kerlake braves three-hour shifts at Pond Mills Road and Deveron Crescent by dressing in layers. The only parts of her that get cold, she said, are her feet. SCOTT TAYLOR/METRO

Cold getting old, but more to come

Slight reprieve for the weekend, but it won't last. Forecast is frigid through February



SCOTT TAYLOR
scott.taylor@metronews.ca

We've broken records for cold days, shivered and cringed as we shuffled along city sidewalks in wind

chills near -40 C. And when it wasn't end-of-the-world cold, it snowed a lot.

But ask Environment Canada and they'll tell you it really hasn't been all that bad of a winter.

Meteorologist Marie-Eve Giguere said December and January have been just slightly colder than normal and neither — so far — has brought as much snow as usual.

Giguere, however, was quick to point out that En-

January record iced

Wednesday came in as the coldest Jan. 22 on record at -24 C. Wind chill made it feel like -30 C. That beat the previous London-area record of -23.3 C set in 1976.

Environment Canada measurements are taken at the airport, on the eastern edge of the city. The west side of the

city and county, however, has been harder hit with snow at times.

Everyone, though, is feeling nature's cold shoulder.

"Overall, it has been quite unusual, in terms of the persistence of this cold air," Giguere said. "We had the first cold wave in early January, then we're getting another right now, and it's going to warm up a bit for the weekend, but cold air will be back next week again."

United we freeze

Eastern part of N. America to be much colder than usual

If anything's certain about the weather, it's that London won't be suffering

alone as cold air continues its assault.

In fact, the entire Eastern portion of North America is going to be much colder than usual through the first half of February, said Environment Canada meteorologist Marie-Eve Giguere.

Or, as she put it in meteorological terms: "The

long-range forecast doesn't look promising for us."

London temps came in at only 1.5 C below the monthly average for December, and temps are trending just three degrees colder than normal through the first three weeks of January, Giguere said.

But make mention of

spring coming soon and Giguere's quick to respond: "That's an optimistic statement from where you are," she said, referring to London.

It officially starts March 20, by the way. That's less than 60 days away — even if many of them are frigid.

SCOTT TAYLOR/METRO

Ford: Latest embarrassing video just one of life's 'difficult bumps'

Nothing personal.

Toronto mayor happy to talk about city's budget, but won't take questions about Jamaican-infused Steak Queen rant

Toronto Mayor Rob Ford is calling his alcohol-fuelled, profane rant in a Jamaican accent at a restaurant — caught on video — a “minor setback,” and says he is entitled to a personal life.

Ford offered no apologies a day after the clip, which shows him using Jamaican swear words and other profanities, at one point aiming his curses at Toronto's police chief, was posted anonymously to YouTube.

“Monday was unfortunate,” he said at a late-afternoon news conference. “I had a minor setback. We all experience



Toronto Mayor Rob Ford charges through a media scrum at city hall in Toronto on Wednesday. FRANK GUNN/THE CANADIAN PRESS

these difficult bumps in life.”

But, he said, it is a “completely private matter.”

“As you know, I'm a human

being, the same as every one of you, and I'm entitled to a personal life,” Ford said. “My personal life does not interfere

with work I do day in and day out for the taxpayers of this great city.”

Ford refused to answer

reporters' questions throughout the day about whether he drove himself to or from the restaurant that night, if he

'A minor setback'

“As you know, I'm a human being, the same as every one of you, and I'm entitled to a personal life.”

Toronto Mayor Rob Ford

was using drugs and if he was hanging out with his friend Alexander Lisi.

A second video also posted to YouTube, purportedly from the same night, appears to show Ford sitting with Lisi.

Ford's admission that he had been drinking ended weeks of adamant vows that he had given up alcohol.

Ford spent much of his news conference discussing the city's budget and finished by saying he would be “happy to take questions on the budget only.”

THE CANADIAN PRESS

Police not allowed to see Magnotta research video

A judge has prevented Montreal police from getting their hands on a confidential academic video interview with accused killer Luka Rocco Magnotta.

The Canadian Association of University Teachers welcomed the Quebec Superior Court decision, saying it upholds researchers' rights to protect confidential information needed for their academic work.

The association's executive director says in a statement the ruling represents the first court recognition of researcher-participant privilege.

Montreal police had sought to gain access to a copy of the interview for evidence they're still gathering against the 31-year-old Magnotta, who is charged with first-degree murder in the slaying and dismemberment of Chinese engineering student Jun Lin.

Lawyers representing University of Ottawa criminologists had argued the 2007 interview with a subject known under the pseudonym “Jimmy” should



Luka Magnotta is shown in an artist's sketch. A judge has prevented police from obtaining a video interview with the accused killer. MIKE McLAUGHLIN/THE CANADIAN PRESS

be kept confidential.

The attorneys said Magnotta participated in the study as part of a survey of sex workers under the condition his interview would remain confidential.

“The impact of this decision is that researchers can now have confidence that courts will recognize and will treat seriously promises

of confidentiality vital to the conduct of their research,” James Turk, executive director of the Canadian Association of University Teachers, said in a statement Wednesday.

“Courts have recognized the social importance of journalists being able to protect confidential sources, and this decision extends a similar recognition to academic researchers.”

The news release published by Turk's association said that, in her ruling, Justice Sophie Bourque noted “much academic research provides useful information on certain aspects of the human condition that are normally kept silent.”

The Bourque ruling was also quoted by the association as saying, “The evidence demonstrates that much of the research involving vulnerable people can only be conducted if human participants are given a guarantee that their identities and the information that they share will remain confidential.”

THE CANADIAN PRESS



'I was left with some bloody bruises'

Demonstrations turned deadly in Kyiv, Ukraine, Wednesday, with reports of at least three fatalities. Metro Moscow photographer Andrey Svitalo sustained leg injuries caused by shrapnel exploding from a stun grenade thrown at protesters by riot police. “My jeans ripped open and I was left with some bloody bruises,” Svitalo said. “I literally had to take out the shards of grenade out of my clothes.” Svitalo did not require hospitalization and is continuing to cover the protests. ANDREY SVITALO/METRO WORLD NEWS IN KYIV

Toronto

Discharge for census resister, 79

A 79-year-old Toronto woman taken to court over refusing to fill out the census was given a conditional discharge on Wednesday.

THE CANADIAN PRESS

Alberta

Over 500,000 had health info stolen

Personal health information belonging to more than half a million Albertans was stolen last September from Medicentres Family Health Care Clinics, Alberta

Health Minister Fred Horne announced Wednesday.

“Today, I contacted the Alberta Privacy Commissioner to ... formally request an official investigation,” Horne said, adding, “Albertans want to know that their information is secure and protected.”

METRO IN CALGARY

Who needs the sun? Go run!

Running in a winter wonderland. First step is the worst, says expert with ice in her veins



JACOB MORGAN
Metro in Saskatoon

With Canada having experienced a brutal cold snap from coast to coast at the outset of 2014, the rest of the country can learn a thing or two from the folks in the Prairies.

Lisette Schermann is the manager of the Brainsport store, a staple of Saskatoon's Broadway Avenue. She says that when the temperatures dip far below zero, there is no reason to sit inside and sulk.

Instead, try going for a brisk run on the tundra.

"The hardest part is getting out there," she said. "Once you're outside it's not nearly as bad as you think."

There are many common misconceptions when it comes to winter running, said Schermann. For instance, newbies tend to assume they're going to feel as cold as they do when walking from the front door to the car.

"People definitely overdress," she said. "They're judging it on experiences of

Truth or dare

Truth: In order to gain traction on the ice, you need shoes designed with proper grip and insulation.

- **Dare:** Try the DIY approach with screws in the soles and duct tape on the tips for extra heat.

Truth: When you first get started with winter running, your average pace could slow down by about 10 per cent.

- **Dare:** By the end of the season, try to beat the speed you have in the summer.

Truth: One of the best parts of winter running is getting outside to explore nature.

- **Dare:** Find the very best trails in your city and run them all before the last of the snow melts away.

walking or driving in the cold where you're not producing as much body heat."

However, she said that doesn't mean would-be winter runners don't need to "step up their game, gear-wise."

Some must-have items: sneakers with cleats for traction on the ice, reflective materials for visibility during those long winter nights and a balaclava to protect your face from the windchill.

Once that's done, it's time to hit the snow.

But make sure not to start off with heavy speed work, as Schermann said the frigid

weather can extend average paces by 10 per cent.

"You only really have to be aware of that the first few runs and then you get your snow legs," she said.

And when the season is done, Schermann said many runners are ahead of the game.

Even if you're not looking for a challenge, Schermann said a nice jog can be a great cure for the winter blues.

"There aren't that many opportunities to get outside in the winter time, and running is a really easy one."

Metro asked: What's your winter running pet peeve?



"Just the ice is sometimes trouble for me. ... They

make grips for your shoes or people screw actual screws into their shoes."

Jillian Joan, 23, Brooks Running Company employee, Alberta



"Definitely the windchill. It's probably the

worst thing. Everything else seems pretty good though."

Kristen Christensen, 30s, rec programmer, Saskatoon



"When winter runners unexpectedly run

across an intersection ... as a driver on icy roads I don't have enough time to necessarily stop."

Dave Cazakoff, 28, student, Saskatoon



"When I don't have the right wind-breaking

material and my legs get really cold. The front of my thighs burn from being so cold."

Crystal Clarke, 34, librarian, Saskatoon



"I run around near the residential areas and

sometimes people don't shovel their walks so you'll be running into deep snow."

Benjamin Lam, 27, engineer, Saskatoon



"When people don't get out of your way,

even when you call out. ... Running through a snow drift is not a whole lot of fun."

Becky Mang, 33, engineer, Regina

Must-have gear

Hat

SUGOI Snowflake Tuke. Doesn't have to be too thick, as long as it covers the ears.

Balaclava

Saucony DryLete Balaclava. Features mesh over the mouth for breathability.

Gloves

SUGOI Wind Mitt. Warmer than gloves. For an extra layer, try wearing gloves underneath the mitts.

Base layer

Helly Hansen Warm. Merino wool to stay fresher smelling.

Mid layer

SUGOI Women's Speedster 3 Performance Hoodie. Features a ponytail hole in the hood.

Outer layer

SUGOI Jackie Thermal Jacket. Windproof panels over the sleeves and a fleecy breathable back. Lots of pockets.

Pants

Salomon Nova Softshell pant. Warmest pant at Brainsport.

Ankle

SUGOI Resistor Run Gaiter. Keeps snow out of shoes.

Sneaker

Saucony Ride running shoe. (Note: this model is using regular grip so as not to damage the grip on the winter shoes during a test run.)

JACOB MORGAN/
METRO IN SASKATOON

Market Minute

DOLLAR
↓ 90.19¢ (-0.95¢)

TSX
↑ 13,988.20 (+36.43)

OIL
↑ \$96.73 US (+\$1.76)

GOLD
↓ \$1,238.60 US (-\$3.20)

Natural gas: \$4.70 US (+\$0.23)
Dow Jones: 16,373.34 (-41.10)

Fourth graders now

Just a sec, mom,
I'm texting Emily
our recess plans

A survey of more than 5,400 Canadian kids in Grades 4 through 11 found a majority had their own cellphone, while nearly one in four of the youngest children owned a mobile device.

THE CANADIAN PRESS



Actress Quvenzhané Wallis last year, at the age of nine. GETTY IMAGES

Warns of low inflation

Bank of Canada
keeps interest
rate steady at 1%

The Bank of Canada is lowering its forecast for inflation, which has been persistently below the desired target, but keeping its key interest rate unchanged at one per cent.

THE CANADIAN PRESS

Keystone XL pipeline's southern leg starts flowing

Like oil and water.

CEO says Oklahoma-to-Texas stretch is a 'win-win-win,' but activists worry those who live along route will lose

Canadian oilsands producers have a direct pipeline link between Alberta and the U.S. Gulf Coast with the official start-up Wednesday of the Keystone XL pipeline's southern leg.

The project's opposition, meanwhile, vowed to watch the new pipeline "like a hawk" as it continues to urge President Barack Obama to reject the larger, more contentious northern leg of the system.

"This morning we have made a major change in where the largest refining hub in the world gets its oil," said Alex Pourbaix, the executive in charge of oil pipelines at TransCanada Corp., the com-

Criticism gushed up

Jane Kleeb, with the anti-pipeline advocacy group Bold Nebraska, said that Wednesday marked a "very sad day" for those worried about their land in Texas and Oklahoma. "We all know this pipeline is a huge risk to folks along the route ... Citizens are watching this pipeline like a hawk. They know that they are bracing for the worst today as this pipeline starts up."

pany that built the line. CEO Russ Girling described the \$2.3-billion US project as a "win-win-win" for U.S. Gulf refiners, who'll get access to a cheaper, more secure source of crude; for North American crude producers, who'll get a better price for their landlocked oil, and for consumers, who may pay a cheaper price at the pump as expensive foreign imports are supplanted. **THE CANADIAN PRESS**

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Another jewel for the crown?

The 29.6-carat blue diamond recovered by Petra Diamonds from a mine near Pretoria, South Africa, is seen in this Jan. 18 photo. Petra said in a statement that the diamond — found in the Cullinan mine, which has yielded, among other famous stones, the 530-carat Star of Africa blue diamond that is part of the British crown jewels — is a vivid blue with extraordinary tone and clarity, and could yield a polished stone of great value.

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PITFALLS OF AN ENTERTRAINER

I've had such a negative perception of gyms that as I was writing this column about my new gym membership I suddenly remembered that I'd already had a gym membership, about 10 years ago, and had banished it from my memory like Star Wars Episode I: The Phantom Menace, a movie that doesn't exist.

The memory is foggy but my brief time there (it was a YMCA) reminded me of high school, complete with stale-smelling change rooms, annoying cliques and crippling self-doubt heavier than any weight. Well, not any weight. Not those little pink ones. I have a little self-respect.

Lacking the requisite cardiovascular strength (i.e. I didn't have the heart), I didn't set a sneakered foot inside a gym until a decade later when, fresh out of comedy school, I took a gig at a fitness chain where my job was to entertain people while they did ab exercises. I was keen on



HE SAYS

John Mazerolle

metronews.ca

my first post-school assignment, which is why I was blind to the fact that this is the worst idea in the history of entertainment — akin to entertaining air traffic controllers with a game of bingo.

At best, the exercisers tolerated me. At worst, they yelled at me to stop, which is part of the job, except you're not supposed to think, "That heckler is right!"

This did not improve my feeling toward the gym industry. I shunned them, preferring to exercise outside in the winter even if that meant temperatures so cold I risked ending up like Jack Nicholson at the end of *The Shining*.

But that all changed recently. I discovered a little gym in my neighbourhood that's just perfect for me. It's small so it doesn't attract many preeners, and it's open 24 hours so I can fiddle with the machinery alone. I may yet end up the first person ever killed by an elliptical, but at least my

low-impact death will only be a CCTV YouTube sensation, not an in-person humiliation.

I've been hitting the gym for about three weeks now, and it gets easier every time as I pick up a few tricks about how to carry and motivate myself:

- It helps to put the Edmonton Oilers on TV during your workout. That way you see yourself working harder than an entire team of professional athletes.
- Wearing a towel over your shoulders and carrying a water bottle shows your fellow exercisers that you are the real deal, just like the people in the ads.
- Fake punching the air looks pretty cool.
- Most importantly, I've learned that gym-goers are a family. If I see an overweight person, I show support with a hearty "Hang in there! It gets better!" If I see an attractive person, I say "Yeeeahhh."

I fully recommend that you follow these tips. Sure, conversations might go a little awry with certain members, but that just reminds me of another important gym fact I learned in high school: Running away is excellent exercise.

ZOOM

AK-47s' cruel and cool culture



COURTESY RALPH ZIMAN

Project highlights duality of AK-47s

A filmmaker has shone light on Africa's controversial use of the AK-47, by photographing vibrant replicas of the assault rifle.

Ralph Ziman, from Johannesburg, took images of Zimbabwean street vendors brandishing copies of the infamous weapon that were made using traditional Shona-style beadwork. **METRO**

Q and A

'Beautiful yet venomous snake'



RALPH ZIMAN
South Africa-born filmmaker, based in Los Angeles

What inspired you to address gun culture?

The story behind this project — entitled *Ghosts* — began a year ago when I was back in

my hometown of Johannesburg. I was reminded of the rate of gun violence connected to the AK-47 rifle that has gripped the entire continent of Africa and intrigued by the terror that firearms hold in African culture.

The AK-47 has killed millions, but at the same time has been pivotal in the struggle for independence

— the gun appears on the Mozambique flag. Did you have the duality of the weapon in mind?

Without a doubt. These vibrantly-coloured guns in my images highlight the alluring nature of the rifle. It's like a beautiful yet venomous snake. In South Africa, this weapon was once an instrument against the apartheid regime.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

A picture says a thousand words, or so the saying goes, and apps like Snapchat and Instagram seem to be proving the saying true. But just because you've got that beach pic of your toes in the sand, doesn't mean no one wants to read the rest of your vacation story (actually, if they're suffering through this polar vortex, they might not want to). Inspired by newspapers' forays into long-form visual story-telling, we've compiled apps that let you do just the same.

Storehouse:

User-friendly with a simple design, Storehouse lets you import photos and videos from your computer, Dropbox, Flickr or Instagram to add seamlessly to your narrative.

Prss:

Create your own online magazine using your own videos, photos with an

easy-to-use template — so you don't have to be an InDesign wizard to get your work looking sharp.

Storybird:

Billed as more of an educational tool, this app lets you create a storybook based on other people's illustrations and animations. It's geared toward kids 13+, but really, can't we all benefit from a little creative non-fiction?



IStockImages

Comments

RE: Watching The NHL Has Become The Same As Witnessing A Bar Brawl, says Paul Sullivan, published Jan. 22

If you don't like fighting in hockey DON'T EFFING WATCH, there is plenty of other things to watch on TV!! If anything the NHL is getting a little wimpy these days. The true fans like the state of the game and the constant whining that the game

is too violent is annoying and will change nothing. **mbacks posted to metronews.ca**

Is there any surprise that Canadian athletics is considered a joke worldwide? Why hockey fans continuously equate toughness with fighting is beyond me. There are tougher athletes competing in rugby and Aussie Rules footie that put these guys to shame.

aferdinanda posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

Tunes on his own terms

Change of track.

Local artist spices up London's nightlife with an alternative to the mainstream club scene



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Aaron McMillan felt there was a hole in the Forest City scene.

"I found myself going to Toronto all the time, taking buses, coming back the same night, and then going to work the next day," says the London-based DJ.

He was seeking out dance nights featuring indie and alternative music. So he decided to start his own weekly event at Call the Office.

Indie Underground has been running every Wednesday night for just more than a year.

"I love to dance, but, if I can't have it I'm gonna get it to people in my own city. I wanted to create a night that I would wanna go party at," says McMillan, who occasionally jumps down from his station to dance.

He also wanted to draw Western students out of their university and Richmond Row bubbles to show them an alternative to the club scene.

"When I was in school I wish I knew about an alternative place to relax, let loose and party like Indie Underground. ... Sometimes students let themselves get dragged around to clubs they aren't really



DJ Aaron takes in the scene at his weekly dance night Indie Underground at Call the Office. COURTESY BRITTNEY K. ROBBINS/KPOD MEDIA

into because they care to be part of a group," says McMillan, who completely reinvented himself three or four years ago, losing a lot of his friends on purpose.

He decided to go to school for graphic design and put his passion for music into motion.

"Anytime there has been failure in my life, music has always been there to pick me up, move me to another place or genre — electro, dance, trance or folk," he says. "I didn't have a great childhood."

"I always wanted to be part of the Huxtable family from The Cosby Show,"

Music of my heart

"I always play how I feel at the moment. I write down requests, I see them and know when to play them based on how the night is moving. It's much more dynamic."

DJ Aaron

laughs McMillan. "My brother was into '80s music and was six years older than me, so that was my starting point."

His love of '80s tunes developed to include a wide

Around town

- **Tunes:** Marcellus Wallace with illScarlett and Motion Grove are performing at the London Music Hall (185 Queens Ave.) on Thursday. Doors open at 8 p.m., all ages, \$15.

cross-section of music, from indie rock to nu-disco, electro and retro.

"I'm mixing Fleetwood Mac to Van She, Chvrches, to Beastie Boys to Portugal. The Man. But I feel it's all one, the way I DJ and mix,

it's almost seamless with the continuous positive vibe carrying through," he says.

He is constantly seeking out new music, going to concerts and festivals.

"I want to find stuff no one has heard before and mix it with familiar beats," McMillan says.

"It's a beautiful moment when I can put one of those tracks with something no one has ever heard before and they don't skip a beat and they are loving it."

INDIE UNDERGROUND TAKES PLACE EVERY WEDNESDAY NIGHT AT CALL THE OFFICE (216 YORK ST.). DOORS OPEN AT 9 P.M. NO COVER.

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Last Week: 1 / Weeks on List: 3



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Last Week: 2 / Weeks on List: 3

This Week

Last Week Weeks on List

- | | | |
|---|----|----|
| 3. THE POWER OF HABIT Charles Duhigg | 7 | 3 |
| 4. LIFE AFTER LIFE Kate Atkinson | 3 | 3 |
| 5. THE DEAD IN THEIR VAULTED ARCHES Alan Bradley | 18 | 2 |
| 6. THE POUND A DAY DIET Rocco Dispirito | 8 | 3 |
| 7. COLD HARD TRUTH ON FAMILY KIDS & MONEY Kevin O'Leary | 9 | 3 |
| 8. SYCAMORE ROW John Grisham | 6 | 14 |
| 9. THE START HERE DIET Tosca Reno | 15 | 3 |
| 10. STOP OVERTHINKING YOUR MONEY Preet Banerjee | 11 | 3 |
| 11. JOYOUS HEALTH Joy McCarthy | 17 | 2 |
| 12. ALL IN Arlene Dickinson | 12 | 3 |
| ★ 13. DUTY Robert Gates | ~ | 1 |
| 14. THE DEMONOLOGIST Andrew Pyper | 19 | 2 |
| 15. DARK WOLF Christine Feehan | 5 | 3 |
| 16. FIRST LOVE James Patterson | 20 | 2 |
| 17. TEARDROP Lauren Kate | 16 | 3 |
| 18. HAZARDOUS DUTY W.E.B. Griffin | 14 | 3 |
| ★ 19. THE CONFIDENT MOM Joyce Meyer | ~ | 1 |
| ★ 20. MY JOURNEY Olivia Chow | ~ | 1 |

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Thursday, January 23, 2014

Leading ladies make Reitman the man

Labor Day. Director says he owes his success to the talent of the actresses in his films



NED
EHRBAR
Metro World News in Hollywood

For his fifth feature film, director Jason Reitman takes on Joyce Maynard's novel *Labor Day*, about an escaped convict (Josh Brolin) who takes a single mother (Kate Winslet) hostage over a holiday long weekend. To hear Reitman tell it, any success he's had as a director is all down to his leading ladies.

How did you approach adapting the novel into a film?

The narrative follows the book so carefully. I was trying to recreate how the book made me feel. The book is told so beautifully; it's so emotional and I had such an immediate reaction to it that I wanted to create a cinematic experience that mirrored the book. I wanted to tell a story all the way to the end and leave people with a sense of romance. You can't always punch people in the ribs. Not every time.

When did you first read the book?

I read it while it was in galleys, a few years ago. And my producer, Helen Estabrook, found it and gave it to me and said, "You're going to love this," and she was right. My



Jason Reitman directs *Labor Day*, which opens next Friday. THE CANADIAN PRESS

question was, "Is Kate Winslet available?" We got Josh, went to Kate and she said, "I'd love to do it, but I'll do it in a year." So we waited a year for her. That's how *Young Adult* came to be — I made it in that year.

You're developing quite a track record of working with actresses.

Frankly, I've just been very lucky, you know? To have worked with Maria Bello, Ellen Page, Vera Farmiga, Anna Kendrick, Charlize Theron and now Kate Winslet? I mean, it's an unreal group. I'm lucky that they've chosen to work with me. It's wonderful. I mean, it makes me look

better than I am. That's the truth. In their hands, it makes me look like a decent director.

You could try to go out and make a movie ...

With the worst actors possible? I would think given the option of working with brilliant people? Yeah, I'll continue to do that. I find that I know when they're right when it just seems honest and real. When I'm watching an audition, whether it's for a lead or the tiniest part, do they make the words seem honest? It's not if it's funny, it's not if it's dramatic, it's not if it's moving. It's just, does my bulls-detector go off?



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Quentin Tarantino ALL IM AGES GETTY

Tarantino will probably get stern with Dern after leak

Quentin Tarantino is calling off plans to make a western, *The Hateful Eight*, as his next film after the first draft of the script was leaked around Hollywood, he tells *Deadline*. "I'm very, very depressed. I finished a script, a first draft, and I didn't mean to shoot it until next winter, a year from now," he explains. "I gave it to six people, and apparently it's gotten out." Among the half dozen who received the script were actors Michael

Madsen, Tim Roth and current Oscar nominee Bruce Dern, and Tarantino is apparently pretty sure it was Dern's representatives who are responsible for the leak. Tarantino says the leak became apparent when his own agent's office was inundated with calls from reps trying to book their clients in smaller roles in the script. Tarantino now plans to publish the screenplay instead and move on to another project.

Harry hits the sauce after achieving South Pole goal

Prince Harry celebrated reaching the South Pole in true style, going on a "two-day bender" and drinking champagne out of a prosthetic limb, actor and trek-mate Dominic West tells the *Telegraph*. "Two of the Aussie guys stripped naked and ran around the pole, but most of us, Harry included, just went on a two-day bender with the Icelandic truck drivers who had brought some lethal home



Prince Harry

brew with them," West says, adding that Harry "told some eye-wateringly rude jokes."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lawrence wasn't first choice for *Silver Linings Playbook*

MELINDA TAUB
Metro World News

In *Silver Linings Playbook*, Jennifer Lawrence played a woman who'd gotten married, been widowed, gone crazy with grief and slept her way out of at least one job. Believe it or not, the first choice to play that role was not a 21-year-old.

Harvey Weinstein recently revealed that a different pixie-cut thespian was originally slated for the role: Anne Hathaway was his original choice to play Tiffany. "*Silver Linings Playbook* was originally going to be with Anne Hathaway and Mark Wahlberg," the studio exec told *Howard Stern*. "And then Anne wasn't doing it. And she's marvellous and wonderful and she was my choice, I love her."

So why wasn't Anne up there yelling and twitching and dancing poorly? Apparently she and director



David O. Russell didn't hit it off. "David and Anne had some creative differences," Weinstein said. "They didn't see eye-to-eye." That's no shocker — David O. Russell is famously difficult to work with. He's gotten into shoving matches with both George Clooney and Lily Tomlin. Hathaway doesn't seem like she'd be very accepting of shoving. And since both she and Lawrence won Oscars that year, she's probably cool with how things worked out. Of course, Jennifer won Best Actress, while Anne nabbed a mere Best Supporting Actress statuette for *Les Misérables*. Yeah, she might be grinding her teeth at night about this one.



Katy Perry

Praise the Lord! Perry's body is the real deal

Katy Perry admits she had some help in developing her impressive figure, but it wasn't from a surgeon. The voluptuous singer tells *GQ* that when she was 11 years old, "I lay on my back one night and looked down at my feet and I prayed to God. I said, 'God, will you please let me have boobs so big that I can't see my feet when I'm lying down?'" Perry says.

"God answered my prayers. I had no clue they would fall into my armpits eventually." She also insists her lack of artificial augmentation lends her more credibility. "I've never had any plastic surgery. Not a nose, not a chin, not a cheek, not a tit," she says. "So my messages of self-empowerment are truly coming from an au natural product."

Efron 'couldn't be happier' with life after rehab stint

After Zac Efron's rehab stint last spring for a reported drug problem, he's excited to be moving on and growing from the experience. "I'm so happy. I feel like I'm in a great place and I'm glad that I'm really here to share this moment with everybody and be present for all of it," Efron said at a press conference on Tuesday for his new film, *That Awkward Moment*, in New York City. The 26-year-old actor said of his "interesting year" that he "learned so many things."

"The best part of



Zac Efron

it was being able to reflect upon that experience and realize how much I have learned about myself and the kind of man I want to be." While promoting the film, about three young guys navigating the dating world in New York City, Efron added that he "couldn't be happier."

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3
LIFE

I'd like to thank Her for upholding hipster style...

What the tuck.

Sequins, slips and suits made this year's silver screen sparkle. But *Her*, with all its hipster hues and high-waistedness, will make likely make the most lasting mark on fashion

Oscar-nominated *Her* didn't earn a nod for best costume design, but fashion observers say the retro-futuristic looks featured in the film take the trophy for trendsetting style.

American clothing label Opening Ceremony created a collection inspired by styles designed by Casey Storm for the inventive drama, which is set in near-future Los Angeles. *Her* chronicles the relationship between Theodore Twombly (Joaquin Phoenix) and his operating system (voiced by Scarlett Johansson), with the film's love-lorn protagonist regularly seen sporting buttoned-up collared shirts paired with ultra high-waisted pants.

"I think you tend to think of everyone putting their life out on display in the world that we live in now, and the fashions were really the opposite to that," said Noreen Flanagan, editor-in-chief of *Elle* Canada.

"It was very much about kind of concealing yourself which I thought, again, was a kind of interesting twist to what we're increasingly becoming more familiar with in terms of how we relate to one another in the digital world."



Joaquin's character in *Her* might be lacking in some social skills, but perhaps he can find fulfilment in his ability to choose interesting ensembles. CONTRIBUTED

What a waist

"It's not going to be for everyone and, my God, you really have to have flat abs to wear pants like that. That is not a flattering silhouette on most people."

Noreen Flanagan
Editor-in-chief of *Elle* Canada

Probably of all the films, Flanagan said *Her* has the greatest likelihood of "getting a little bit of street cred."

"It's not going to be for everyone and, my God, you really have to have flat abs to wear pants like that. That is not a flattering silhouette on most people. It requires a certain young, youthful, in-shape phy-

sique to wear it. I can see for a certain hipster set it becoming quite cool."

Toronto-based costume and set designer Sarah Armstrong also sees the potential for *Her* to emerge as a trendsetter.

"(Theodore's) kind of got a look, a unique esthetic, that's not unlike what we see today. It's very, very comfortable. And I think, too, because he's a younger character, that may also lend itself to a trend that might come up."

While Armstrong said she didn't think there was anything "blindingly new" about the designs for *Her*, she viewed them as an interpretation of the hipster trend being embraced by the 20-something generation.

"They're pulling from steampunk, they're pulling from Victorian elements, from the '60s, they're pulling from a

whole bunch of different eras and blending them all together."

On the opposite end of the style spectrum was costume design nominee *American Hustle* with its depiction of flashy '70s fashions. The film is awash in plunging necklines, brightly lacquered nails and bouffant



Jennifer Lawrence's outfits in *American Hustle* are unforgettable, but did they distract from her performance? CONTRIBUTED

And the nominees are...

A handful of period pieces will be contending for the Oscar costume crown on March 2.

- The nominees are Catherine Martin (*The Great Gatsby*); Patricia Norris (*12 Years a Slave*); William Chang Suk Ping (*The Grandmaster*); Michael O'Connor (*The Invisible Woman*); and Michael Wilkinson (*American Hustle*).

do's as well as bell-bottoms and mile-wide ties with lapels to match.

"We've had films in the past that have gone back to the '70s, but they really play down the hair, they really play down the wardrobe, the clothing," said Armstrong. "With *American Hustle*, it really is all about the excess of the '70s, and the characters are extreme."

Flanagan said while she found the clothes in *Hustle* to be "fun, fabulous and entertaining," she said she almost found them to be "too much."

"In terms of digging up those V-neck Halstons and Diane von Furstenberg dresses and vintage Dior aviators and Gucci accessories, full marks for going on a fashion treasure hunt and finding real gems from that period. But it needed some editing," she said. "It needed the director to say: 'Wait a minute. We don't want the fashions to overshadow the story and the characters.'"

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IN TOMORROW'S PAPER**

metro
metronews.ca

Cookbook of the Week

Adapting tradition



Because the farm workers and other labourers of Portugal needed food to be hearty and filling, it has come to be known as "peasant food". Call it what you will, but one thing is for sure: The dishes of this European country are comfort food at its finest.

Pimentos and Piri Piri by Carla Azevedo takes traditional recipes and updates them for the North American kitchen with local ingredients and modern kitchen equipment.

Among the recipes in the book are: Quail in Cream Sauce, Cod and Chickpeas, Portuguese Pulled Pork and more. **METRO**

Clams cosy right up to pork

"A cataplana, a hinged clam-shaped cooking vessel, is so popular in the Algarve beach resorts that dozens of dishes

Ingredients

- 2 lb (1 kg) Manila clams
- 1/4 cup (60 ml) olive oil
- 4 oz (120 g) pork tenderloin, cubed
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 1/2 cups (375 ml) peeled, seeded, and chopped tomatoes
- 1/2 red bell pepper, seeded, cored, and diced
- 4 oz (120 g) chouriço, sliced into 1/2-inch (1 cm) pieces
- 1 bay leaf
- 1/2 tsp (2 ml) fine salt
- 1/4 tsp (1 ml) coarsely ground black pepper
- 1/2 tsp (2 ml) dried oregano
- 1/4 tsp (1 ml) piri-piri sauce or Tabasco sauce
- 1/2 cup (125 ml) dry white wine
- 1/4 cup (60 ml) chopped fresh coriander
- 2 slices prosciutto, chopped

have been named after it," writes Carla Azevedo in her book *Pimentos and Piri Piri* of this Clams in Cataplana with Pork, White Wine, and Coriander dish. "If you do not have a cataplana, use a wok or a large pot with a tight-fitting lid and carefully cover the lid with a kitchen towel; do not uncover the pot while cooking."

1. Using a stiff brush, scrub the clams under cold running water to remove any surface sand and grit. Discard any clams that are not tightly closed. Set aside.

2. In a large heavy saucepan or Dutch oven, heat the oil over medium heat; cook the pork for 2 to 3 minutes, until browned, and transfer to a dish; reserve. Add the onion and garlic and cook, stirring occasionally, for 3 to 5 minutes, until softened. Add the tomatoes, red pepper, chouriço, bay leaf, salt, pepper, oregano, and piri-piri sauce; simmer for 7 to 10 minutes, until slightly thickened.

FLASH FOOD



From your fridge to your table in 30 minutes or less

3. Transfer half of the tomato mixture to bottom of cataplana. Arrange the clams overtop and cover with the remaining tomato mixture. Tightly secure the cataplana lid and simmer over medium-high heat for 5 minutes. Flip the cataplana over and unlatch it; add the reserved pork and the wine and sprinkle with the coriander and prosciutto. Tightly secure the cataplana lid and cook until the shells open and the pork juices run clear when pierced with fork, 5 to 8 minutes (check for doneness after 5 minutes of cooking and continue cooking if meat is still pink). Discard any clams that have not opened. Serve.

RECIPE EXCERPTED FROM *PIMENTOS AND PIRI PIRI* (WHITECAP BOOKS) BY CARLA AZEVEDO.



This recipe serves four as an appetizer or two as a main. RYAN SZULC, FROM *PIMENTOS AND PIRI PIRI* (WHITECAP BOOKS)

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CBC

Give your outdated kitchen a new look without breaking the bank

Home renos. Painting cupboards, updating light fixtures or reupholstering chairs can change the look of an out-of-date kitchen

Saying goodbye to an '80s kitchen can be as easy as applying a coat of paint, modernizing lighting and installing stone countertops.

Though kitchen renovations can often require a serious financial investment, painting kitchen cabinets is a relatively inexpensive way to give the space a new look, says Lana Lounsbury, an interior designer in Victoria.

"If you've got old wood cabinets that are beat up or need to be refinished, painting them can bring them up-to-date," says Lounsbury.

But she warns that homeowners should be aware of the kind of wood their cabinets are made of before they paint them, and what kind of paint they use.

"You cannot paint oak — the grain is too deep — and when you put lacquer over it they look fake and gross because you can still see the grain," she says.

"Homeowners should also contemplate having them professionally sprayed in a booth to avoid having the marks of brushes and rollers seen in the end product."

Lounsbury says homeowners shouldn't cut costs on paint and are advised to use a high-quality, semi-gloss sheen after applying a primer.

While quartz, stone and marble countertops can be a major investment in a kitchen, you can make an impact by installing a new countertop



Outdated kitchens can be revitalized by introducing a bold backsplash or painting the cabinets. ISTOCK

on a smaller space like an island.

"If you go to any of the granite or marble yards,

they might have off-cuts of other jobs and you could buy pieces," says Lounsbury. "But I would say when it comes to marble and stone you should pay for it."

Marina Hildebrand, an interior designer in Regina, says updating lighting fixtures can change the look of a kitchen.

According to Hildebrand, homeowners are replacing the '90s trend of three small pendant fixtures with two, more dramatic lights.

"Lighting is dramatic and pretty inexpensive considering the options out there

right now," she says.

Lounsbury points out that a mix of ambient and task lighting is important in a kitchen.

Incorporating colour and pattern in a kitchen is another effective way to update the space and Hildebrand says this can be done using fabric on chairs and bar stools.

"Get some new chairs and if they are inexpensive get them reupholstered," she says. "You don't have to choose expensive fabrics. You can go to the fabric store and pick out some wow stuff, and

create a bit of punch."

For homeowners who have more experience in home renovations, or who are interested in learning, Hildebrand says including a new backsplash in the kitchen can make an impact.

"There are so many products online and at home improvement stores that are pretty inexpensive, but they still require a bit of skill," she says. "Many home improvement stores offer classes on tiling if homeowners are willing to invest some time."

Both Hildebrand and Lounsbury say there are many ways homeowners can update their kitchens on their own, but they should be aware of their own skills and abilities when it comes to home improvement.

Homeowners shouldn't overestimate their skills because if they tackle projects out of their comfort zone it could take away from the final result, notes Hildebrand.

"Sometimes they just need to come to terms with what they have and recognize that a lot of the world would love to have our problems with out-of-date kitchens. Maybe sometimes smaller is better because homeowners can afford to treat their space well, and that is well appointed and well done."

THE CANADIAN PRESS

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MLB

Yanks win Tanaka sweepstakes

The New York Yankees and prized Japanese pitcher Masahiro Tanaka agreed Wednesday to a \$155-million, seven-year contract.

In addition to the deal with the 25-year-old right-hander, the Yankees must pay a \$20-million fee to his Japanese team, the Rakuten Golden Eagles.

After missing the playoffs for just the second time in 19 years, the Yankees went on a free-agent spending spree this off-season, also adding catcher Brian McCann and outfielders Jacoby Ellsbury and Carlos Beltran. The four big deals totalled \$438 million.

THE ASSOCIATED PRESS

Australian Open

Bouchard raising a few eyebrows in her hometown

Not only has Montreal's Eugenie Bouchard won over tennis fans with her impressive run at the Australian Open — she's even made a minor dent in her hockey-loving hometown's spectator-sports scene.

One of the city's best-known sports bars, Champs Bar, reserved 120 seats for Bouchard's semifinal match Wednesday night against China's Li Na — and its manager said earlier in the day he was expecting nearly twice that many people to show up for the event.

THE CANADIAN PRESS

Go to metronews.ca to find out how Bouchard fared against Li.



Lightning lousy again vs. SkyHawks

NBL Canada. London drops fourth game in a row, this time to expansion club from Ottawa



DAVE LANGFORD

dave.langford@metronews.ca

There were three teams on the floor at Budweiser Gardens on Wednesday.

One was the two-time defending champion London Lightning, with former NBA star Micheal Ray Richardson at the helm.

At the other end of the floor, nine-year NBA veteran Jarren Jackson was coaching the Ottawa SkyHawks.

And it might be noted here that neither one is especially shy when it comes to "advising" the third team how the game should be played. Or more accurately, how the game should be called.

On this night, it was made up of crew chief Rich Stehlick along with his sidekicks Dave Maxin and Augie Sokolovic. They were the referees.

And unlike the Lightning and the SkyHawks, their team never loses.

That honour went to the Lightning this night as they dropped their fourth straight game, 107-89 to the SkyHawks, in a game that took only one hour, 50 minutes to play. Justin Tubbs led the SkyHawks with 22 points. Canadian Greg Surmacz had 18 points for the Lightning.



London's Eric Frederick drives to the basket as the Lightning host the Ottawa SkyHawks on Wednesday at Budweiser Gardens. ANGELA MULLINS/METRO

On Wednesday

107

SkyHawks

89

Lightning

London plays again Saturday in Mississauga and then again Sunday at home against Brampton at 2 p.m. Meanwhile, the SkyHawks also play Brampton, Thursday in Ottawa at 7:30 p.m.

The third team was not popular at times Wednesday, but generally kept the two coaches at bay.

"Yes, there are personalities, but I think as officials, we always deal with personalities, no matter what level it's at," Stehlick said, talking in general terms. "I think you just take it for what it is and for the personalities that they have. And you sort of work with them, hopefully, as much as you can."

Stehlick, from Kitchener, is now in his third season refereeing the pro league. He is also a regular on the Canadian univer-

sity circuit.

"There are still rules they have to abide by. Hopefully, we can make it entertaining for everyone around, but still maintain a decorum that fits a basketball game. That's the fine line of it."

Lightning forward Marvin Phillips said the officials have a tough job, particularly when dealing with coaches.

"Especially, Micheal Ray. Man, he's so tough on them and I think they are trying to do their best at it and whenever they miss a call, they admit they missed the call."

4 SPORTS



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NHLers concerned over Sochi security

Threats on Olympics.

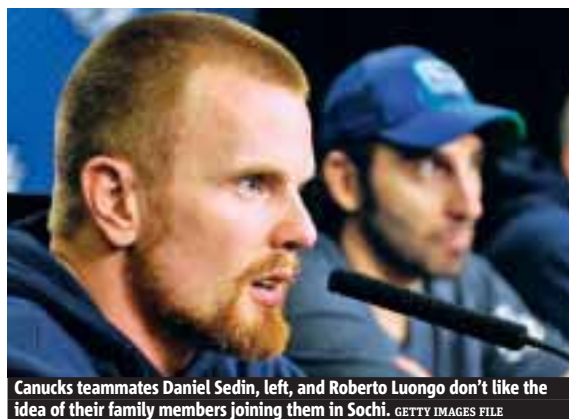
Three potential suicide bombers being sought by Russian officials

Roberto Luongo won't have any family joining him next month when he suits up for Canada at the Winter Olympics.

The same goes for Sweden's Daniel Sedin.

The Vancouver Canucks teammates are both concerned over security at the Games in Sochi, Russia, after a series of threats and terrorist attacks in the region.

Two suicide bombers killed 34 people in the southern Russian city of Volgograd in December, and officials say they are hunting three more potential attackers — including one believed to be in Sochi.



Canucks teammates Daniel Sedin, left, and Roberto Luongo don't like the idea of their family members joining them in Sochi. GETTY IMAGES FILE

"It's definitely on my mind, I'm not going to lie," Luongo said after practice on Wednesday. "I think we're all a little bit concerned. We're definitely going to keep an eye on it over the next few weeks."

Sedin, who is set to compete for Sweden along with

his twin brother Henrik, said he was "absolutely" concerned about the news coming out of Russia, including email threats on Wednesday against a handful of European countries set to participate at the Olympics.

The threats were largely

dismissed as a hoax, but the concern over security in Sochi is serious.

"We talk about it quite a bit. It's nothing you can really joke about," said Sedin. "It's in the back of your head for sure."

Luongo, the odds on favourite to start for Canada in its first game Feb. 13 against Norway, and Sedin both said safety is the main reason their families won't be travelling to Russia.

Sedin added that if family members wanted to join him and his brother, he would discourage them from making the trip.

An Islamic militant group in Dagestan — which is located about 500 kilometres from Sochi — claimed responsibility for the bombings in Volgograd in a video posted on Sunday. The video also contained a threat to strike the Olympics. **THE CANADIAN PRESS**

Long-track speedskating

Expectations low for inexperienced Canadian team

Canada's long-track speedskating team heads to Sochi lacking the dominant athletes it had at previous Winter Olympics.

The speedskating oval has been fertile medal ground for Canada with five won in Vancouver in 2010 and eight in Turin, Italy, in 2006.

"Two to three medals" is the modest goal for the 17 athletes introduced Wednesday at the Olympic Oval in Calgary. And that may be ambitious given the top medal contenders haven't consistently stood on the international podium this season.

Multi-medallists Clara Hughes and Kristina Groves retired after 2010. Cindy Klassen, winner of a record five medals by herself in 2006, did not compete this winter because of a concussion.

Jeremy Wotherspoon, who won an Olympic silver, fell short in his comeback bid from retirement.

So the 2014 long-track

team includes 10 athletes who will make their Olympic debuts in Russia.

"When expectations are low that's when really special things can happen ... maybe some breakout performances that are not necessarily expected," said Edmonton sprinter Jamie Gregg.

Christine Nesbitt of London is the defending Olympic champion in the women's 1,000 metres, but has struggled with her racing form and confidence. She finished outside the top 10 in her two World Cup events in November.

Nesbitt was fifth in the world sprint championships in Nagano, Japan, last week.

THE CANADIAN PRESS



Christine Nesbitt
THE ASSOCIATED PRESS

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ROAD TO THE THREE PEAT

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	49	31	15	3	141	109	65
Tampa Bay	50	29	16	5	146	123	63
Montreal	49	27	17	5	126	120	59
Toronto	52	27	20	5	150	156	59
Ottawa	50	22	19	9	141	155	53
Detroit	49	21	18	10	122	134	52
Florida	50	20	23	7	120	151	47
Buffalo	48	13	28	7	89	137	33

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	49	34	13	2	157	120	70
NY Rangers	52	27	22	3	131	133	57
Philadelphia	50	25	19	6	137	144	56
Columbus	49	25	20	4	143	138	54
New Jersey	51	21	19	11	122	124	53
Washington	50	22	20	8	142	152	52
Carolina	48	20	19	9	117	137	49
NY Islanders	52	21	24	7	147	169	49

Wednesday's results

Carolina at Philadelphia
Montreal at Pittsburgh
Chicago at Detroit
Phoenix at Calgary

Tuesday's results

Columbus 5 Los Angeles 3
New Jersey 7 St. Louis 1
Ottawa 2 Washington 0
Florida 4 Buffalo 3
Carolina at Philadelphia, postponed
NY Islanders 5 NY Rangers 3
Dallas 4 Minnesota 0
Toronto 5 Colorado 2
Vancouver 2 Edmonton 1
Winnipeg 3 Anaheim 2

Thursday's games

All Times Eastern
St. Louis at NY Rangers, 7 p.m.
Carolina at Buffalo, 7 p.m.
Philadelphia at Columbus, 7 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Pittsburgh at NY Islanders, 7:30 p.m.
Toronto at Dallas, 8 p.m.
Chicago at Minnesota, 8 p.m.
Nashville at Vancouver, 10 p.m.
Los Angeles at Anaheim, 10 p.m.
Winnipeg at San Jose, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	51	32	8	11	184	139	75
St. Louis	49	33	11	5	171	115	71
Colorado	49	31	13	5	144	127	67
Minnesota	52	27	20	5	125	129	59
Dallas	50	22	20	8	141	152	52
Nashville	51	22	22	7	125	152	51
Winnipeg	51	23	23	5	144	152	51

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	52	37	10	5	177	129	79
San Jose	50	32	12	6	161	123	70
Los Angeles	51	29	16	6	131	108	64
Vancouver	51	26	16	9	129	128	61
Phoenix	49	23	17	9	141	149	55
Calgary	50	16	27	7	111	159	39
Edmonton	52	15	31	6	132	183	36

Note: Two points for a win, one point for overtime loss.

Friday's games

Ottawa at Carolina, postponed
Washington at New Jersey, 7 p.m.
Colorado at Florida, 7:30 p.m.
Montreal at Detroit, 7:30 p.m.
Nashville at Calgary, 9 p.m.
Phoenix at Edmonton, 9:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	25	43	68
Tavares, NYI	23	39	62
Getzlaf, Ana	25	34	59
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	47	53
Kessel, Tor	26	26	52
Okposo, NYI	20	31	51
Pavelski, SJ	27	23	50
St. Louis, TBL	25	25	50
Sharp, Chi	25	25	50
Ovechkin, Wash	35	14	49

Not including last night's games

NFL PLAYOFFS

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
Denver vs. Seattle, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	33	7	.825	—
d-Miami	30	12	.714	4
Atlanta	21	19	.525	12
d-Toronto	20	20	.500	13
Washington	20	20	.500	13
Chicago	20	20	.500	13
Brooklyn	18	22	.450	15
Charlotte	18	25	.419	16 1/2
Detroit	17	24	.415	16 1/2
Cleveland	15	26	.366	18 1/2
New York	15	26	.366	18 1/2
Boston	14	29	.326	20 1/2
Philadelphia	13	28	.317	20 1/2
Orlando	11	31	.262	23
Milwaukee	7	33	.175	26

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	32	9	.780	—
d-Oklahoma City	32	10	.762	1/2
Portland	31	11	.738	1 1/2
d-L.A. Clippers	29	14	.674	4
Houston	28	15	.651	5
Golden State	26	17	.605	7
Dallas	25	18	.581	8
Phoenix	23	17	.575	8 1/2
Denver	20	20	.500	11 1/2
Memphis	20	20	.500	11 1/2
Minnesota	20	21	.488	12
New Orleans	16	25	.390	16
L.A. Lakers	16	26	.381	16 1/2
Sacramento	15	25	.375	16 1/2
Utah	14	29	.326	19

x - clinched playoff berth; y - division; z - conference.

Wednesday's results

Dallas at Toronto
L.A. Clippers at Charlotte
Boston at Washington
Chicago at Cleveland
Atlanta at Orlando
Philadelphia at New York
Sacramento at Houston
Oklahoma City at San Antonio
Detroit at Milwaukee
Indiana at Phoenix
Tuesday's results
Brooklyn 101 Orlando 90
Miami 93 Boston 86
Sacramento 114 New Orleans 97
Oklahoma City 105 Portland 97
Minnesota 112 Utah 97

Horoscopes

Aries

March 21 - April 20

Is what you are planning a good idea? Could you have overestimated your abilities? Don't worry. The planets indicate you have what it takes and once you get moving all your doubt will disappear.

Taurus

April 21 - May 21

You will fall out with someone who does not share your aims. It's just as well. The longer you go on pretending that you can work together despite your differences, the less likely it is you will get any work done.

Gemini

May 22 - June 21

The important thing now is that you keep your eyes fixed on the bigger picture and don't allow yourself to be distracted by events that get in the way of your goals. Have fun but you've got to be focused too.

Cancer

June 22 - July 23

Give your tongue a rest and use your eyes and ears to find out what is going on. Something you see over the next 24 hours will give you something worth talking about later on.

Leo

July 24 - Aug. 23

Someone you live or work with is harbouring a secret grudge and if you say the wrong thing they will find a way to use it against you. Think before you speak and make sure you know what you are talking about.

Virgo

Aug. 24 - Sept. 23

If you take what someone tells you at face value, you will miss what really matters. Before you make any kind of decision, make sure you know the facts.

Libra

Sept. 24 - Oct. 23

The Sun in Aquarius does wonders for your confidence, so it's unlikely you will tone down your remarks to save other people's blushes. And why should you? It's not your fault the truth is painful.

Scorpio

Oct. 24 - Nov. 22

Rarely have you had so many obligations. Rarely have your duties been so arduous. The good news is there are people in your life who will happily lend a hand — just ask.

Sagittarius

Nov. 23 - Dec. 21

The only reason someone is being so critical is because they resent your success. Maybe you should point out to them that if they worked as hard as you they might be successful too.

Capricorn

Dec. 22 - Jan. 20

Don't worry if you have not yet begun work on a scheme that means a lot to you. The longer you leave it, the more likely it is to be a success. Good ideas need time to develop.

Aquarius

Jan. 21 - Feb. 19

It does not matter that others do not believe in what you are doing. The only thing that matters is that you believe in it. The whole world could be against you now but you will still come out on top.

Pisces

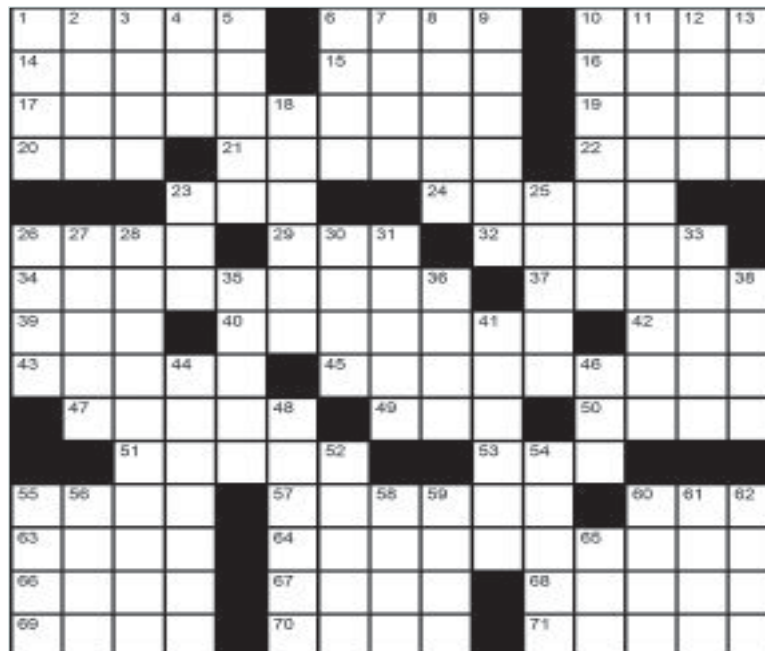
Feb. 20 - March 20

Be careful who you confide in today because if you reveal your secrets to the wrong person, they won't remain secret for long! It might be wise not to let even good friends in on potentially embarrassing information. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Canadian furniture store, The ___
6. Purchased
10. "___ I say, not..."
14. Ms. O'Donnell
15. Classical song
16. Sea lettuce
17. "Citizen Kane" (1941), for one: 2 wds.
19. Deli loaves
20. The Joy Luck Club author, Amy ___
21. Guy in authority, in slang: 2 wds.
22. Pickup trucks, e.g.
23. Wed.'s follower
24. Quebec: Pre-university school
26. Johannesburg, ___
29. Fast rotation meas.
32. Levi's material
34. Submarine's looking device
37. "The Odd Couple" role
39. 'Advert' suffix
40. One who is selecting
42. Objectionable word
43. Puccini opera that premiered in 1900
45. 'Eating Well with Canada's ___'
47. Drugstore, for



short

49. '60s hallucinogenic
50. Fruity drinks
51. "This is so fun!" sounds
53. Suffix with 'Hero'
55. "So long!"
57. Colm of "Star Trek: The Next Generation"
60. Pres. Lincoln
63. Guess Who's

"Hang ___ Your

- Life"
64. Bookstore's popular item
66. Leave in, in proofreading
67. Rosey __, Canadian broadcaster
68. Worker's needs
69. Crags
70. Scandinavian rugs
71. Exertion excre-

tion

Down

1. Ms. Spears, to pals
2. Cabo da __, Portugal
3. Glenn Frey song: "The Heat ___"
4. NFL's Bengals, on scoreboards
5. "American Idol" judge Mr. Urban
6. Vault

7. "Hurry up ... ___ leaving without you!"
8. Lavender
9. "Village of the ___" (1995)
10. "Quentin ___ M.P." (Vintage CBC show starring Gordon Pinsent)
11. That which Sochi's won in order to get the 2014 Winter

- Games: 2 wds.
12. With: French
13. Cheek
18. 1750: Halifax's oldest building, St. Paul's ___
23. Prefix with 'angle'
25. Captain ___ von Trapp
26. Skewer
27. Writer of ancient Greece
28. Superior's stuff
30. Magician's disappearing word!
31. Bobbin
33. "All in the Family" spin-off
35. Daunt
36. Those, in Spanish
38. Bus travel paths, for short
41. Mr. Cibrán's
44. Collusions
46. Abu Dhabi is its cap.
48. MP = ___ of Parliament
52. Shabby
54. Sochi turndowns
55. Toll
56. Look ___ (Investigate)
58. Drifting
59. Utmost degrees
60. Lotion component
61. Mr. Lugosi
62. Poet's 'previously'
65. High's antonym

Yesterday's Crossword

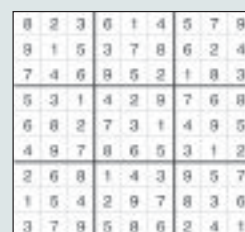


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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